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point at a correct head cluster in the recovered partition; for sub-catalogues, in addition to reconstituting cluster chains for the catalogue itself and storing them into the partition, also reconstituting cluster chains for individual files in its catalogue and sub-catalogues and storing them into the partition.

15. A method according to claim **12**, wherein the step of recovering a single hard disk partition includes:

When both the structures and the sector number of each cluster in the partition to be recovered and the partition during backup are the same, recovering the used clusters in the backed partition to the partition according to the FAT during backup, recovering the cluster occupation status of the backed FAT into the FAT of the partition, and filling other unused clusters information in FAT of the partition into empty cluster marks.

16. A method according to claim **12**, wherein at first the hard disk partition status stored in the data backing up area is read out, and the current hard disk partition status is set to the status during backup, then for every partition, the contents of

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each partition in the backing up area are recovered to corresponding position of the partition according to the occupation status of FAT during backup.

17. A method according to claim **1**, wherein a computer program for controlling the execution of the steps of said method is incorporated in a system BIOS program in the computer, the program is executed when the computer is started.

18. A method according to claim **1**, wherein a hot key used to start the execution of said method is set on the computer keyboard, and when the hot key is pressed, the computer will execute the steps of said method.

19. A method according to claim **12**, wherein a computer program for controlling the execution of the steps of said method is incorporated in a system BIOS program in the computer, the program is executed when the computer is started.

20. A method according to claim **12**, wherein a hot key used to start the execution of said method is set on the computer keyboard, and when the hot key is pressed, the computer will execute the steps of said method.

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